

Health & Wellness

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	2 9:30am Line Dancing 10:30am Ballet Barre 5:30pm Zumba	3 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	4 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	5 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
8 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	10 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	11 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	12 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
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